

# I WRITE WITH AN AXE



by Brett Gellert

It seems I can't escape the ever-growing trend of people lifting weights. I have several friends who (and this is for personal enjoyment) lift things that weigh about the same as a car from the 50s, maybe a Buick. Now, I know it's good to be health conscious, but I was wondering what lifting that much weight could be good for. It is not as practical as, say, running.

Historically speaking, running fast was a great bonus to an otherwise stupid animal. I can already sense you saying: "Now what the hell is he talking about?" Think of it in terms of the animal world. What animal would spend all that time evolving from the sea, a perfectly nice, warm place where there was no such thing as income tax, and evolve to a point where the mainstay of life was owning a swimming pool?

Back to running. When something happened to a human, it would grunt, get a strange look on its face, and turn tail and disappear, much like the Prime Minister. Running was a good defense.

Now in the Grand Scheme of Things, I don't see why evolution gave us the ability to lift ridiculously heavy objects. I mean it's not like we carry our money around in safes instead of wallets. Yet, you still see people hanging around in gyms building their bodies up to the size of Volkswagens.

What's worse than all that time lifting heavy things is the diet. Nutrition and weight lifting go hand in hand, like Geraldo Rivera and airborne furniture. You constantly see weight lifters eating things like galvanized bean curd. I can guarantee

that if you had eaten nothing but lettuce for three weeks, you'd be lifting dump trucks looking for some real food, like McDonalds. Okay, not McDonalds, but you know what I mean. The food is important. "There's nothing like a well-balanced meal," my friends will say, as they lift the equivalent of a movie theatre, their eyes bulging out of their heads like they've been kicked in the groin by a mule.

After you adopt the proper diet, the next step is to willingly give up hours of your time. If you stand outside any gym, you can watch people covered in muscles stumbling out asking who won World War Two. My question is: doesn't weight lifting get boring after a while? I mean, how many times can you lift something that makes blood pump through your head, producing intense pain like that caused by a Janis Joplin album, before you get bored?

I can plainly see the importance of physical fitness. I'm sure that, without the various gyms that exist in Toronto alone, the steel industry would hit the skids. Besides, without weight lifters, where would professional wrestlers come from? Okay, beside insane asylums.

But ultimately, who can argue against weight lifting when you remember that it spawned one of the quintessential thespians of the last few decades, Arnold Schwarzenegger. Let's face it: the world would be a sadder place without people pumping iron. Even if in the Grand Scheme of Things, it doesn't make much sense.

# The Stalkyard

Handbook takes a new approach 1990-91

By Salman A. Nensi

The new Student Handbook will contain many improvements over last year's *Tentanda Via!* It will have more information and be more graphically appealing say the new coeditors, Karen Hill and John Montesano. They are revamping the entire publication.

"We are cribbing ideas from other student handbooks," said Hill, "we're looking at different fonts and layouts for the calendar section. Last year's [handbook] lacked imagination; I think the students will be pleased with this year's book."

In addition to altering the book graphically, there will be a section of articles and commentary, all written on a voluntary basis by students from the Caribbean Student's Association, Environmental Studies Department, and others.

Subjects covered include: A history of York and student movements, racism, women's issues, YFS spending, the environment, homophobia, AIDS awareness, Black History Month, a mapping of student government, and drug/alcohol awareness.

The handbook will also contain a list of the clubs on campus, student service, campus media, telephone directory and the usual calendar.

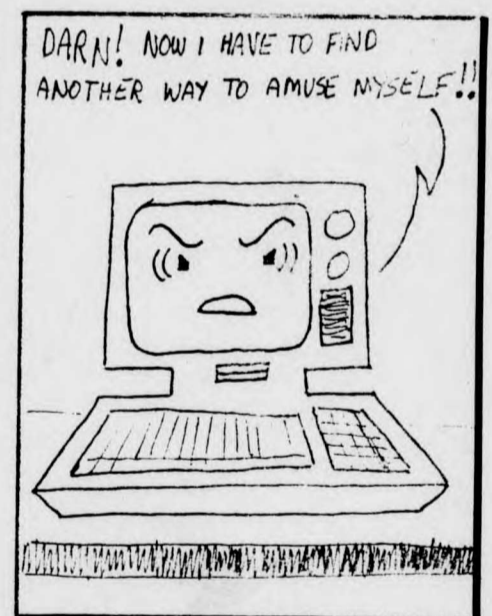
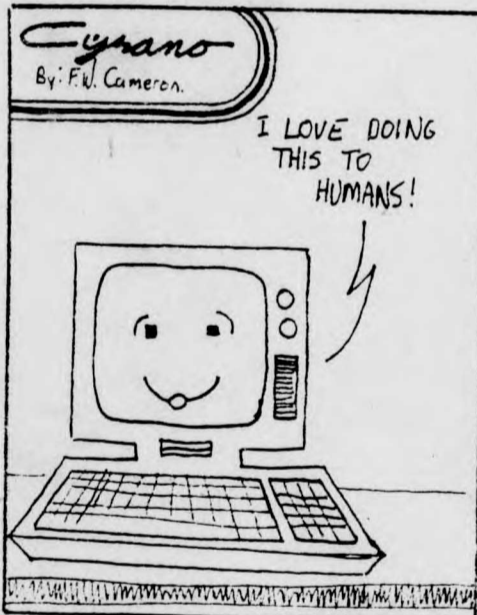
This year's book will be smaller in size, have twice the circulation (20,000) and be totally oriented towards the students. "It is by the students, for the students," said Montesano. "There will be no messages from the administration, or anything like that." "We are trying to give students a feel for the issues on campus," added Hill.

The handbook will pay for itself entirely. The staff salaries (\$200/wk x 12 weeks plus 7.5% commission on all ads each) and printing will cost the students nothing.

YFS Vice-President (Finance) Brad Abrams has not even accounted for the handbook in his budget. "The complete cost will be socialized into the charge to advertisers. Two years ago, the book cost \$12,000, last year \$700. This year we're looking to break even."

Last year's handbook was called *Tentanda Via!*, York's motto, which in Latin means, "The way must be tried." The coeditors are considering changing the name because, "most students don't know what it means and those that do usually associate it with York's administration." At this time they have not chosen the new name, but a multitude of possibilities are being considered.

The handbook is right on schedule for the printer's August 3 deadline and will be distributed at the fall/winter Registration Fair and during the Orientation period.



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